

The Community Services Board of the Alexandria Department of Community and Human Services provides services through the Center for Adult Services for women with concerns of substance misuse who may also experience mental health problems.

Listed inside are treatment groups and other services available to women. Pregnant women are given priority and are seen within 48-hours. When needs cannot be met within the Center for Adult Services, referrals and coordination with other providers are available.

Unless otherwise indicated, all groups are held at 2355A Mill Rd. To attend a group other than those designated as “open” please ask for a referral from your service coordinator or therapist, or call Central Intake at 703.746.3535 if you are new to CSB services.



## **Alexandria Community Services Board**

The Alexandria Community Services Board is a group of 16 resident volunteers appointed by Alexandria’s City Council. The Board oversees the City’s publicly funded services for Alexandrians with mental illness, intellectual disability, or a substance abuse problem. Board policies and programs are implemented and managed by the City’s Department of Community & Human Services.

Board meetings are open to the public. The Board meets at 7:30 p.m. on the first Thursday of every month except August. Accommodations will be made for persons with a disability.

It is a Board policy not to discriminate in the admission or access to, or treatment or employment in, its programs and activities on the basis of race, color, sex, sexual orientation, handicap, religion or national or ethnic origins. Programs and activities are accessible to people with physically handicapping conditions. If you require accommodations, have any questions or complaints, please call 703.746.3441 or TDD: 703.746.3440.



## **Women’s Services for Recovery from Substance Abuse**

**Department of  
Community & Human Services**



**703.746.3600**

**2355-A Mill Road  
Alexandria, VA 22314**

[alexandriava.gov/dchs](http://alexandriava.gov/dchs)

## Women's Treatment and Recovery Services

Treatment is individualized to each woman's needs in and stage in her journey of recovery from alcohol or drug abuse. Although some treatment groups are only available as co-ed groups, others are available for women only.

### Considering and Maintaining Change

You will explore your relationship to alcohol and/or drugs to help you make decisions about what changes you want to make. You will also learn about the process of change and how to move through that process successfully. You will learn basic relapse prevention skills.

***Coed daytime or evening:***

***Once a week for 16 sessions***



### Matrix Program

For women who recognize that their use is problematic and are seriously considering making a change to keep alcohol and drugs out of their lives. You will participate in a comprehensive program including the following groups:

***Early Recovery, Relapse Prevention,***

***Social Support and Understanding Recovery***

This program has an intensive component for 16 weeks, with attendance at the coed Social Support group available for an additional two months. Individual and family sessions are also part of the Matrix Program.

## Other Groups

### Skills To Enhance Personal Success (STEPS)

Learn to "live life on life's terms" and avoid relapse. You will learn how to cope with life problems without drugs. You will develop important life skills of self awareness, tolerating distress, managing your emotions, and improving relationships. Based on Dialectical Behavior Therapy skills by Marsha Linehan.

***Once a week for 6 months***

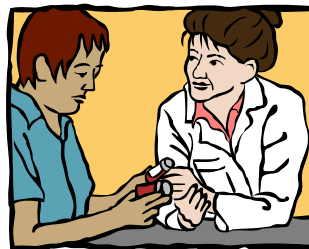
### Filling the Inner Void

A group for women ready to do the challenging work of letting go of criminal or addictive behaviors to create a life of happiness, freedom, and peace.

***Once a week until complete***

### Medication-Assisted Treatment

Medication-assisted treatment is available to those eligible for opioid addiction or chronic, severe alcohol dependence. Your eligibility for this treatment can be determined by talking with your therapist or the Opioid Treatment Program Intake



Coordinator at  
703.746.3600.

## Other Services

### Case Management

Case Management services are available to assist women in accessing other services in the community such as medical care and dental services, and applying for benefits such as TANF, Medicaid, SNAP, and SSI/SSDI.



### Psychiatric Services

Psychiatric services are available to those who experience mental health concerns. These services can be accessed via referral from Central Intake, the therapist or case manager.

### Medical Services

Medical linkage through the Health dept., ANHSI or Casey Clinic is available, as well as assistance with identifying primary care physicians, scheduling appointments, and coordinating transportation. Financial assistance for your co-pay may also be available.

### Children's Services

Services for children include linkage and/or referrals to the Center for Children and Families, including PIE (Parent-Infant Education), CATCH (Child Assessment and Treatment Center for Health), Youth and Family Services, etc.